

What to Expect from Your Child's First Psychology Appointment

A Guide for Parents and Guardians

Welcome

Taking the first step to seek professional support for your child is a significant decision, and we are grateful you have chosen Lightfull Psychology. This guide is designed to help you understand what to expect during your child's first appointment, so you and your child can feel prepared and confident as you begin this important journey.

Seeking help is a sign of strength and wisdom. Many children and adolescents benefit tremendously from speaking with a trained psychologist, whether they are navigating big feelings, challenges at school, family transitions, or simply need support to build resilience and skills for better emotional wellbeing.

About Dr. Ong Mian Li

Dr. Ong is a US-trained clinical psychologist with specialized training through a fellowship at Mayo Clinic. He brings over a decade of experience working with children and adolescents, and is deeply committed to understanding each child's unique needs and strengths. His approach is warm, collaborative, and grounded in the latest evidence-based practices.

At Lightfull Psychology, we believe every child deserves the support they need to thrive. We are here to work alongside you and your child to build a clearer picture of their wellbeing and create a path forward together.

Before the Appointment

A little preparation can make your first visit smoother and more productive. Here is what we recommend:

What to Bring

- Any previous psychological, educational, or medical reports (e.g., school evaluations, assessments, diagnoses)
- Recent school feedback or report cards
- A list of any current medications your child is taking
- Your own observations and questions; jot down the key concerns or behaviors you would like to discuss
- Insurance information or payment method (PayNow or bank transfer details)

How to Talk to Your Child About the Visit

Keep it simple and matter-of-fact. Children respond well to honest, clear language without over-explanation. Here are a few examples:

For younger children: We are going to visit someone who helps kids with their feelings and worries. His name is Dr. Ong. You can talk to him about anything on your mind, or we can just play and chat. He is nice, and he is there to help.

For older children and teens: I have arranged for you to meet with Dr. Ong, a psychologist. He specializes in working with kids and teens, and his job is to listen and help you figure things out. You can talk about anything that is bothering you, or anything you want to explore.

Important: *Avoid over-preparing or coaching your child about what to say.* Let them form their own impressions and share naturally. Most children are curious rather than anxious when they understand the basics.

What Happens During the First Session

The first appointment is a comprehensive diagnostic interview designed to build a clear picture of your child's strengths, challenges, and needs.

Session Format

The first session typically runs for two hours and can be conducted in one session or split into two shorter sessions (as mutually agreed). This allows adequate time for a thorough assessment.

How the Session Flows

1. Parent(s)/Guardian(s) Interview: For child and adolescent clients, we begin by meeting with you. Dr. Ong will ask detailed questions about your child's developmental history, current concerns, school experiences, family dynamics, relationships, and what approaches you have already tried. This conversation gives vital context.

2. Child/Adolescent Interview: Next, Dr. Ong will meet with your child individually. Depending on age, you may remain nearby, but typically in a separate space. He will use a mix of conversation, play, and activities tailored to your child's age and communication style.

3. Observation and Assessment: Dr. Ong may use standardized rating scales, behavior rating forms, or brief screenings to gather objective data alongside the clinical interview.

4. Feedback and Next Steps: By the end of the session, Dr. Ong will discuss his initial observations and impressions with you, outline what he has heard and noticed, and share a clear plan for next steps, whether that is further assessment, beginning therapy, or referral to another professional if appropriate.

You will leave the appointment with a clearer understanding of your child's situation and a concrete pathway forward.

Assessment Clients vs. Therapy Clients

Practical Information

Location	101 Telok Ayer Street, #03-03, Singapore 068574
Hours	Monday–Friday, 9 AM – 5 PM (Some flexibility available by arrangement)
Payment Methods	PayNow, Bank Transfer
How to Book	Visit lightfull-psychology.com/book or email clinic@lightfull-psychology.com

A Final Word

Reaching out is often the hardest part, and you have already done that.

We are honored to have the opportunity to support your child's wellbeing and growth. If you have any questions before your appointment, or if there is anything we can clarify, please do not hesitate to get in touch.

We look forward to meeting you and your child.

Warmly,

Dr. Ong Mian Li and the Lightfull Psychology Team